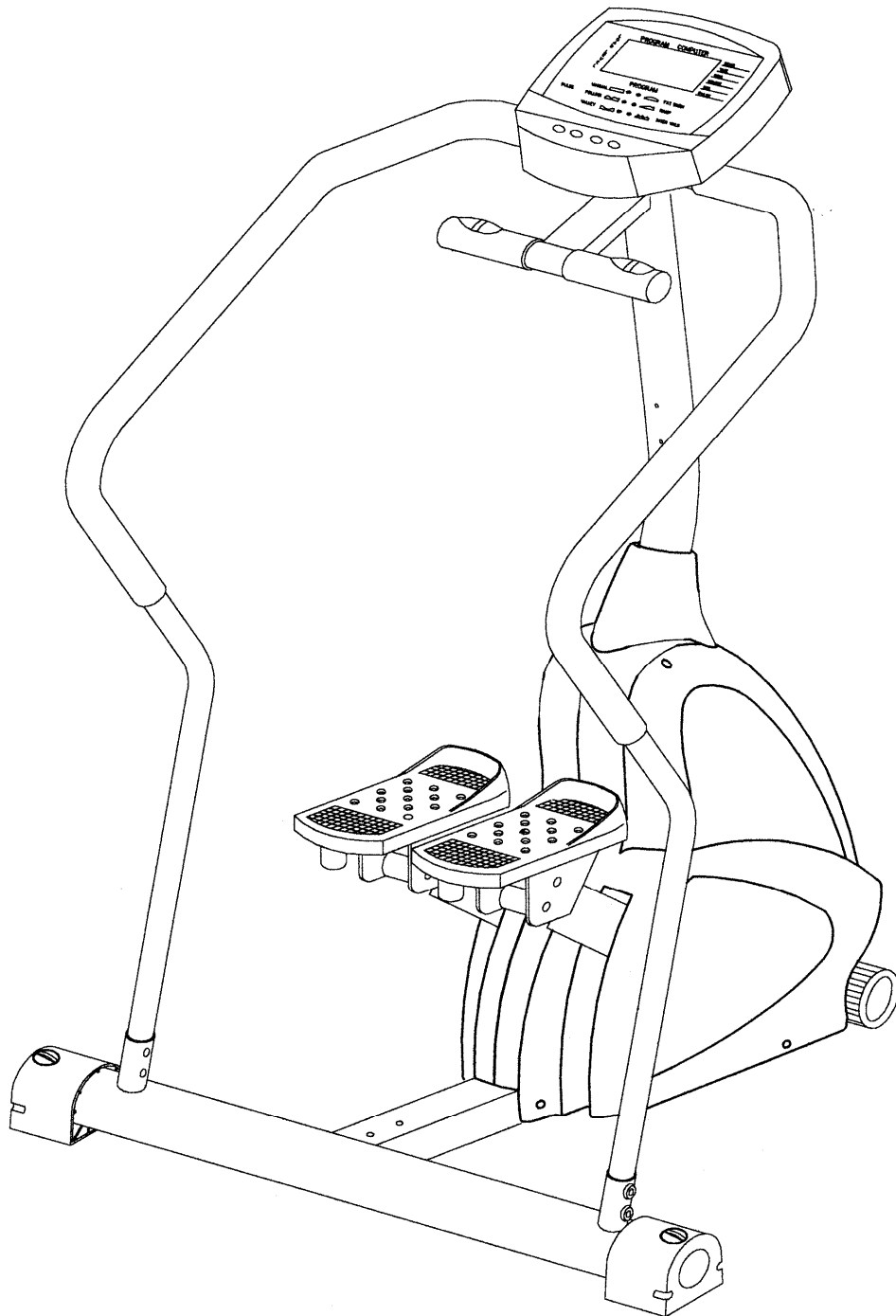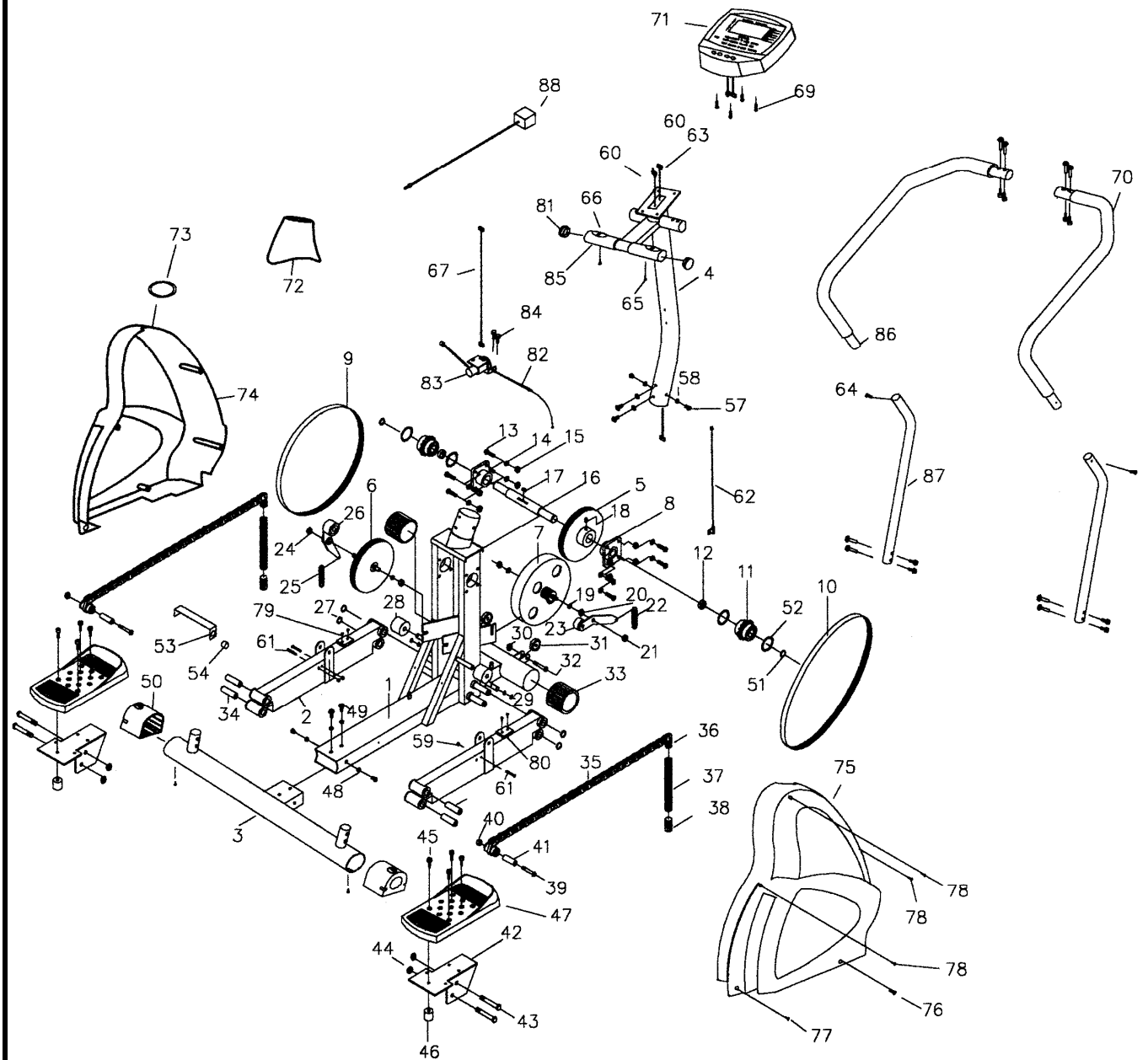# Assembly & Operating Instructions
for
Magnetic Stepper
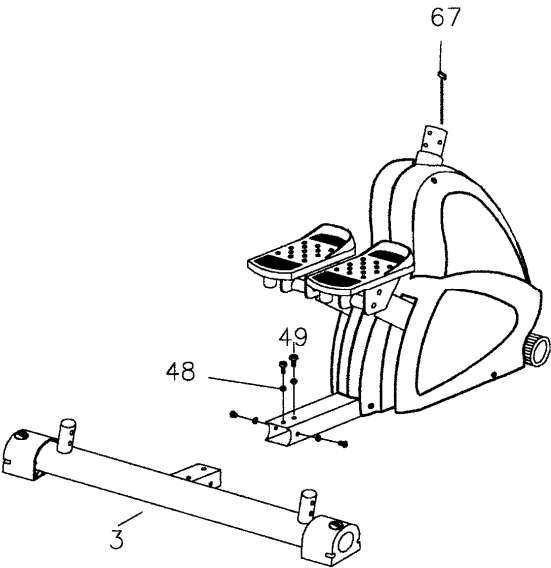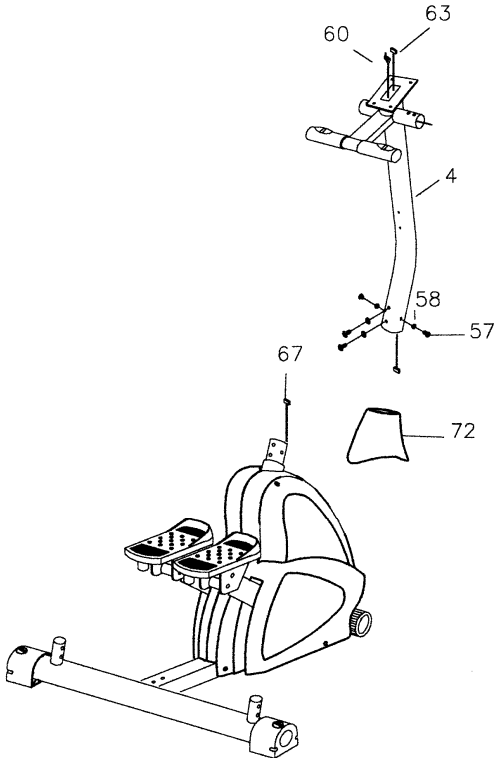
COMPLETE BIKE ASSEMBLY

PARTS LIST

| NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	Main Frame	1	48	Washer 19 x 8	4
2	Foot Tube	2	49	Screw M8 x 10L	4
3	Stabilizer	1	50	Cap	2
4	Handlebar Post	1	51	Φ25 C Clip	2
5	Pulley I	1	52	O-Ring	4
6	Pulley II	1	53	Sensor plate	1
7	Magnetic System	1	54	Magnet	1
8	Bearing Housing	2	55	Screw φ8 x 33.5L	8
9	Belt I	1	56	Screw M6 x 12L	8
10	Belt II	1	57	Screw M8 x 10L	4
11	Bearing Hub	2	58	Washer 19 x 8	4
12	Spacerφ25 x 28 x 8.5L	8	59	M5 Nylock nut	3
13	Screw M8 x 45L	8	60	Handpulse sensor wire	1
14	Washer 19 x 8 x 1.5T	8	61	Screw M5 x 50L	1
15	M8 Nylock Nut	1	62	Sensor wire I	1
16	Axle	1	63	Sensor wire II	1
17	Key 6 x 6 x 15L	1	64	Screw 4 x 12	2
18	Screw M8 x 12L	1	65	Screw 4 x 25	2
19	Washer 12 x 16 x 1T	1	66	Handpulse sensor	2
20	Nut 3/8 x 26t x 3T	4	67	Motor sensor wire	1
21	Nut 3/8 x 26t	2	68	Screw M5 x 40L	1
22	Springφ20 x 16 x 2 x 40L	1	69	Screw M5 x 12L	4
23	Idle Wheel II	1	70	Foam Grip	2
24	Nut 3/8 x 26t	2	71	Meter	1
25	Spring φ20 x 16 x 2 x 70L	1	72	Top Cover	1
26	Idle Wheel I	1	73	Bushing φ76	1
27	C Clip #19	4	74	Left Cover	1
28	Rubber stopper	2	75	Right Cover	1
29	C clip #13	4	76	Screw M5 x 12L	2
30	M8 Nylock Nut	2	77	Screw 4 x 12	2
31	Moving wheel	2	78	Screw 4 x 16	3
32	Screw M8 x 35L	2	79	Screw 4 x 12	4
33	Cap	2	80	Rubber stopper	2
34	Spacer φ19 x 12 x 60.5L	4	81	35mm Plug	2
35	Chain	2	82	Tension cable	1
36	Chain-Spring connector	2	83	Tension Gear box	1
37	Spring	2	84	Screw M5 x 10L	2
38	Spring connector	2	85	Foam grip	2
39	Screw M10 x 55L	2	86	Handrail – top (Right + Left)	1
40	M10 Nylock Nut	2	87	Handrail – bttom (Right + Left)	1
41	Spacer φ16 x 10 x 40L	2	88	AC Adaptor	1
42	Pedal fixing plate	2			
43	Screw M12 x 85L	4		TOOL	
44	M12 Nylock nut	4		Allen Key 6mm	1
45	Screw M6 x 20L	8		Allen Key 5mm	2
46	Rubber stopper	2		Screw driver	1
47	Pedal	2			

ASSEMBLY INSTRUCTIONS

STEP 1.

ASSEMBLING THE STABILIZER (3) UNTO MAIN FRAME BY SCREN (49) & WASHER (48).

STEP 2.

SLIDE THE TOP COVER (72) INTO HANDLEBAR POST (4). CONNECT THE SENSOR WIRE (67) & (63) TOGETHER. SLIDE HANDLEBAR POST ONTO MAIN FRAME. FIXING THEM TOGETHER BY SCRENS (57) & WASHERS (58) SLIDE TOP COVER TO BOTTOM POSITION.
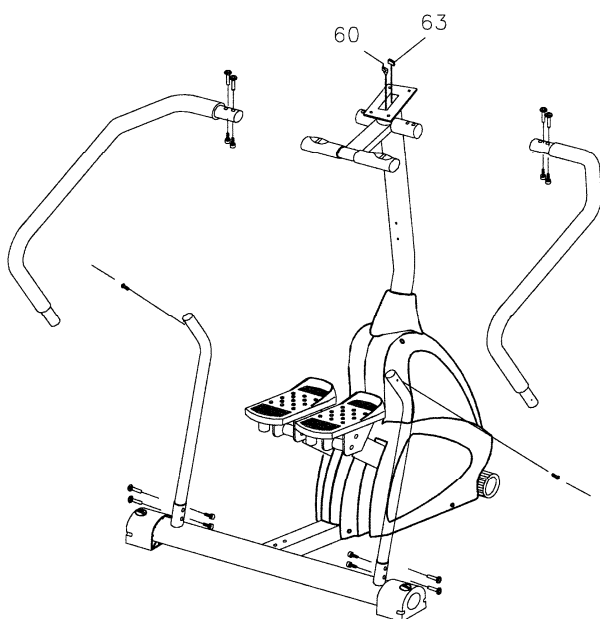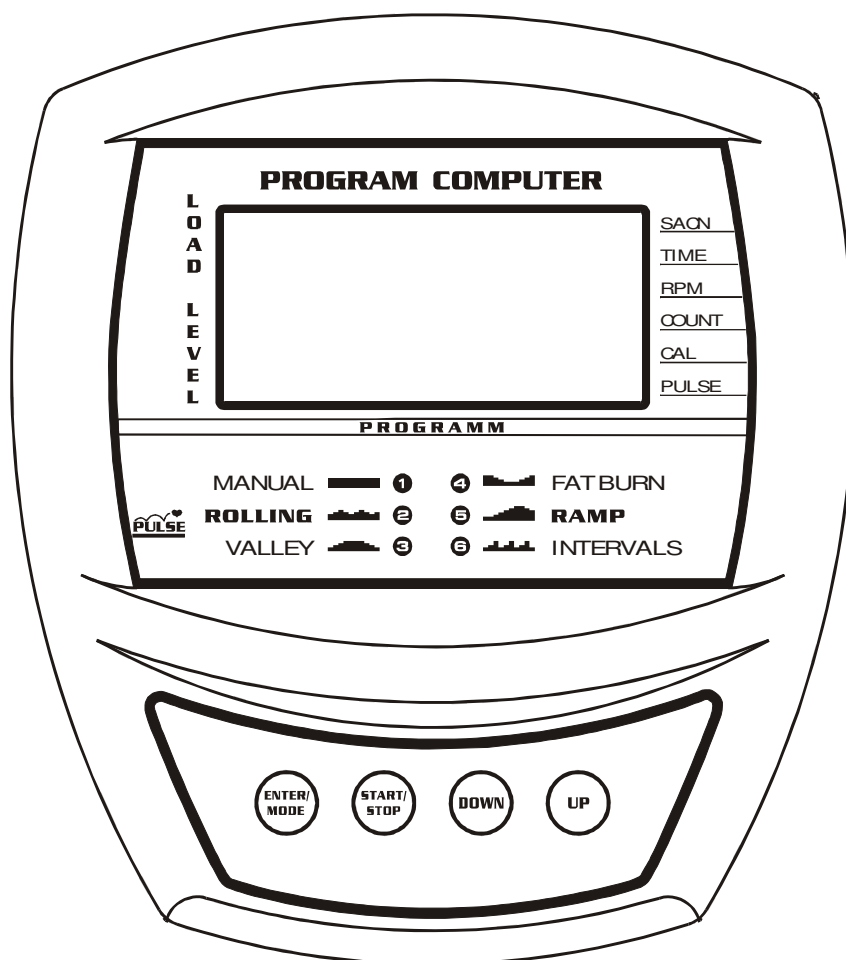
STEP 3.

ASSEMBLING THE HANDRAIL ONTO THE FRAME BY SCREWS (55) ,(56) & (64).
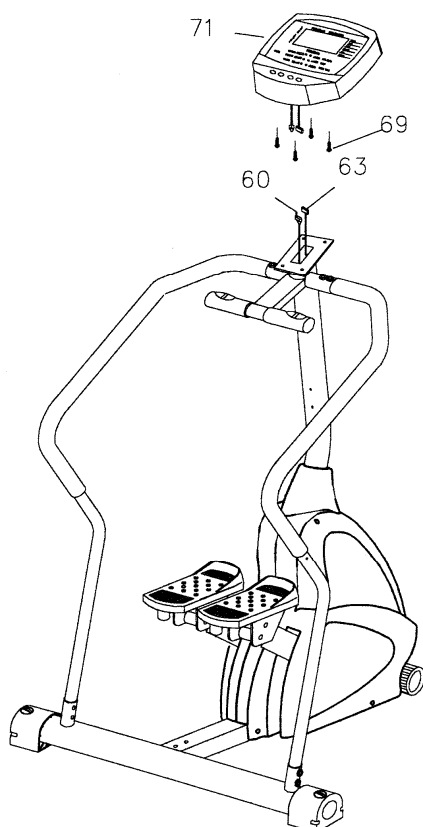
STEP 4.

CONNECTING THE SENSOR WIRES (60) & (63) ONTO COMUTER. FIXING COMPUTER ONTO HANDLEBAR POST BY SCREWS (69).

FRONT VIEW

PROGRAM COMPUTER

L
O
A
D

L
E
V
E
L

SACN
TIME
RPM
COUNT
CAL
PULSE

PROGRAMM

MANUAL ━━ ➊   ➍ ━━ FAT BURN
PULSE ROLLING ━━ ➋   ➎ ━━ RAMP
VALLEY ━━ ➌   ➏ ━━ INTERVALS

ENTER/
MODE

START/
STOP

DOWN

UP

KEY GUIDE

ENTER/MODE:

1.   Press this button to enter the function setting from Time, Distance, Calorie, and pulse limit.

2.   Press this button to confirm the setting values.

UP   : 1. Press this button to select the program form Manual and Program 1 to Program 6.

2. Increase the setting value of Time, Distance, Calories, and Pulse Limit.

3. Increase the resistance level.

DOWN   : 1. Press this button to select the program form Manual and Program 6 to Program 1.

2. Decrease the setting value of Time, Distance, Calories, and Pulse Limit.

3. Decrease the resistance level.

START/STOP: 1. Press this button to start or stop exercising.

2. Hold this button for 2 seconds can enter initial mode and reset value to zero.

POWER UP

1. Before all, you should connect the connection cables with monitor together.
2. If the power source is coming form ADAPTOR (6V 1A), plug in the ADAPTOR.
   When stop exercising, please remember to unplug the ADAPTOR. (6V 1A)
3. After power up, all LCD segments will light up for 2 seconds & CPU will be reset the   resistance into level 0. And then the system goes into the initial mode.

FUNCTIONS AND OPERATIONS

·AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

SCAN

While at "start" operation,

Press the MODE button until mark appear on the position of Scan. Monitor will display the following function and each function will keep 5 seconds on the main screen. Time–Speed-Distance–Calorie–Pulse.

TIME

Press the MODE button until the mark appearance on the position of TIME.   Monitor will display the Time function on the main screen.

Count up:

Without setting the time value, the monitor will count up the time from 00:00~99:59.

Count down:

Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

RPM

Press the MODE button until the mark appearance on the position of RPM. Monitor will display the current RPM on the main screen. The monitor will display the current RPM from 0 ~ 999 rpm/min

COUNT

Press the MODE button until the mark appearance on the position of COUNT. Monitor will accumulate the distance trip.

CALORIE

Press the MODE button until the mark appear on the position of Calorie.

Count up:

Without setting the calorie value, the monitor will count up the calorie from 0.1~999.0.

Count down:

Setting the exercise calorie from 1.0~999.0, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

PULSE (Target Heart Rate)

Pulse Limit:

Setting the value of pulse limit between 90 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will produce beep sounds to remind you.

NOTE:

1. If no pulse signal input within 16 seconds, the display will indicate "P".

2. In the stop mode, the monitor can not measure heart rate.

OPERATION:

This system contains one manual and 6 programs.   You can preset the workout time and system will divide the time by 10 intervals. If you don't preset workout time, system will count up the workout time in one-second increment.

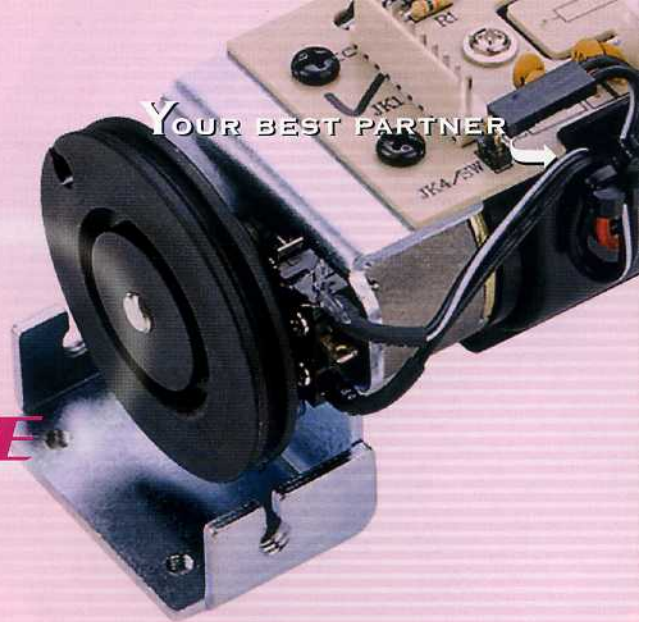**DETAIL OPERATION OF MANUAL AND PROGRAM 1st – PROGRAM 6th:**

1. Setting the value of Time and/or Distance and/or Calories and/or Pulse

a. Press the UP or DOWN button to choose desired program from Manual. Program 1 to program 6.

b. Press the ENTER button to confirm your desired program.

c. The time window will flash.

d. Press the UP or DOWN button to set up your workout time.

e. Press the ENTER to confirm your setting value.

f. The distance window will flash.

g. Press the UP or DOWN button to set up the distance value.

h. Press the ENTER to confirm your setting value

i. The Calorie window will flash

j. Press the UP or DOWN button to set up the calorie value.

k. Press the ENTER to confirm your setting value

l. The Pulse window will flash

m.   Press the UP or DOWN button to set up the pulse value

n. Press the ENTER to confirm your setting value

o. Press start to begin the exercise.

2. Without setting the value of time, distance, calories and pulse

a. Press the UP or DOWN button to choose desired program from Manual. Program 1 to program 6.

b. Press the ENTER button to confirm your desired program.

c. Press start to begin the exercise.

Note: Program 6 is a very unique program, it allows the monitor to adjust the workout resistance according to your heart rate automatically. If your present heart rate is greater than your target heart rate, CPU will decrease the workout resistance automatically. If your present heart rate is smaller than your target heart rate, CPU will increase workout resistance.

LCD W/PROGRAM MONITOR TROUBLE SHOOTING GUIDE

YOUR BEST PARTNER

Symptom	Possible Cause	Solution
E1	No speed signal.	1) Review the Assembly Instructions and check that all the Computer Plugs and Sockets are FIRMLY and correctly connected.
		2) Review the Bike's Magnetic Resistance System to ensure that it is set correctly and thy be at it can freely be adjusted . A symptom of the previous problem is the Motor will struggle to adjust the resistance and will start making an abnormal sound. If this happens the Motor may already be damaged by some kind of interference. After freeing the interference the Motor will have to be checked that it still correctly.
		3) Motor Problems a. Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then Replace the Motor. b. If the Motor fails to move at all then please recheck as per Solution.
		4) above. If this fails then Replace the Motor.
E2	The Computer cannot interface with the IC Chip.	Disconnect the Adaptor and/or remove the Batteries. Reconnect the Adaptor and/or the batteries. This will REBOOT the IC Chip and may help the Computer interface with the IC Chip.
		Remove and reinsert the IC Chip.
		If reinsertion fails then Replace the IC chip with a New IC chip.
E3	When analyzing body fat, the first 8 seconds has none heart detection,please check under.	Both hands have been firmly hold on to handgrips. Confirm you have holding handgrip firmly.
E5	Auto-tension (Count) is not disconnect from zero point.	1) Review the Bike's Magnetic Resistance System to ensure that it is set correctly and thy be at it can freely be adjusted . A symptom of the previous problem is the Motor will struggle to adjust the resistance and will start making an abnormal sound. If this happens the Motor may already be damaged by some kind of interference. After freeing the interference the Motor will have to be checked that it still correctly.
		2) Motor Problems a. Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then Replace the Motor. b. If the Motor fails to move at all then please recheck as per Solution.
		3) above. If this fails then Replace the Motor.